

## Give Them Rest Before Freshening

By F. W. BURNS  
Extension Dairyman

**A**VOID the usual slump in milk production this summer. It is caused by a lack of feed when pastures begin to dry up. By saving protein this summer we will have more to use this winter when it will be badly needed.

**O**NE acre of temporary grazing crops such as crimson clover, oats or rye should be planted for each milch cow in Alabama this fall. Temporary grazing crops will help to replace grass and hay this coming winter. Green feed is also valuable in increasing the vitamin A content of dairy products.

**F**ALL freshening cows should be given a rest period of 6 weeks before lactation periods. During the period the dairy is dry it will pay to feed sufficient grain to keep it in good condition if the pasture is short. Cows that are in good condition at calving time will produce more milk during that lactation period than those that are allowed to freshen while thin.

**R**EMEMBER that there is an increasing demand for high quality feed.



These are the officers of the Alabama Council of Home Demonstration Clubs for 1943-44. Shown in the picture left to right are: Mrs. M. L. Wilson, treasurer; Pinckard; Mrs. Frank Baker, secretary, Montevallo; Mrs. C. E. Hayes, reporter, Falkville; Mrs. James McInnis, parliamentarian, Montgomery; Mrs. Grier McPherson, director, District I, Tuscaloosa; Mrs. R. E. Robertson, president, Fosters; Mrs. W. H. Bassett, director, District I, Huntsville; Mrs. John Taylor, social and economic studies, Buffalo; Mrs. H. B. Hanson, community activities, Coffee Springs; Mrs. J. W. Cochran, Mrs. H. N. Murdoch, director, District II, Coffee Springs; Mrs. L. W. Boyd, first vice-president and reaching more people, Livingston; and Mrs. L. W. Woods, farm bureau, Red Level.

Others not shown in this picture are: Mrs. Ben Shelton, 2nd vice-president, Flat Rock; Mrs. A. L. Lasseter, live-at-home, Rt. 2, Centre, and Mrs. Jeff Taylor, director, District IV, Woodland.

## The State Of Your Health

## How Prevent Pellagra

**P**ELLAGRA, a particularly serious health problem in the rural South, was believed for a considerable time to be communicated from the sick to the well like the usual "catching disease." However, it is now recognized that it is entirely non-contagious. Impoverished diet, and that alone, appears to be solely responsible for it. If the food you eat contains the essential vitamins in sufficient amount, you need have no fear of contracting it, no matter how closely you may associate with its victims. If your diet is lacking in these all-important vitamins, you are a potential victim, even if you never see a pellagra from one year's end to another.

The pellagra-preventing vitamins are rather widely distributed in food. Those especially rich in them are milk, liver, eggs, green and yellow vegetables, and fruits. Other sources include shelled lima beans (both green and dried), green and dried soy beans (shelled), nut tops, broccoli, cheddar cheese, cottage cheese, chicken meat, codfish, collards, dried cowpeas, kale, mustard greens, peanuts, pecans, dried prunes, sardines, spinach and turnip greens. It is estimated that most of these products are readily available to Victory gardeners and those who keep cows.

Until a comparatively short time ago, pure yeast was relied upon almost to the exclusion of everything else in the treatment of pellagra. This was usually administered at the rate of one-half ounce per patient per day over periods varying from six to ten weeks. More recently, however, gratifying success has followed the administration of niacin, formerly known as nicotinic acid. This was first used in the treatment of the familiar black tongue in dogs, which was found

## Women At Work

Hoofs and Hides—"I believe we would have found some kind of way for canning the hoofs and the complete cure is if I had kept them!" That's what Mrs. John Wilson, Covington County home demonstration club woman, said when she viewed the variety of goods she canned for one beef. There were steak, liver, hash, meat loaf, roast, hash, and soup stock, canned at a meat cutting and canning demonstration given in the home of Mrs. Wilson by the home demonstration agent.

Mrs. Claude Goolsby and Mrs. Tom Morrison of the Demonstration Club and Mrs. Jean Fendley of the home demonstration club women, assisted Negro families in their communities with canning fruits and vegetables.

**H**elpful Farm Facts

**A**T present there is no ceiling price on hatching eggs. This may be a good way to market high quality eggs.

There is no truth in rumors that the government has fixed regulations and gingers and oil mills cannot trade cottonseed meal for cottonseed. They can trade if they want to.

**C**akes Make Money—"Each Saturday I sell around 40 pounds of cake and gingers and oil mills cannot trade cottonseed meal for cottonseed. They can trade if they want to.

The Alabama Experiment Station has found that farmers can produce eggs at a feed cost of 5 to 6 cents per dozen by feeding them all the grain they want, giving them about 3 pounds of mash per 100 birds per day and grating them on good clover.

Many Alabama livestock producers are successfully treating pink eye with sulfanilamide.

It is believed that a good way to reduce or entirely prevent hog cholera is to keep hogs on grazing crops.

A good way to improve poultry flock next year is to make arrangements for obtaining good R. O. P. males this winter. Indications are that they will be scarce and hard to obtain after New Year's day.

**N**o Hunger If Food Is Saved. There shall be no hungry farm families in Covington County this winter, say home demonstration club women. Each club member

has pledged to fill her own food basket and assist at least one other person who is not a club member to put up enough food for her family.

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**H**elpful Farm Facts

**A** Paying-Off Hobby.—Mrs. Robert Horne, Baker Hill, Barbour County, has a hobby that pays off. Mrs. Horne upholsters and refinishes furniture during spare time. Since last December she has made \$145.50 working at her hobby. She also does hot-top work in lace. She has 6 children at home yet she does her housework, cares for the children, and carries on with her hobby.

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